The pride of North Carolina's electric cooperatives

Volume 46, No. 9 September 2014

Carolina country

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Critter control in your yard

Emissions control at power plants

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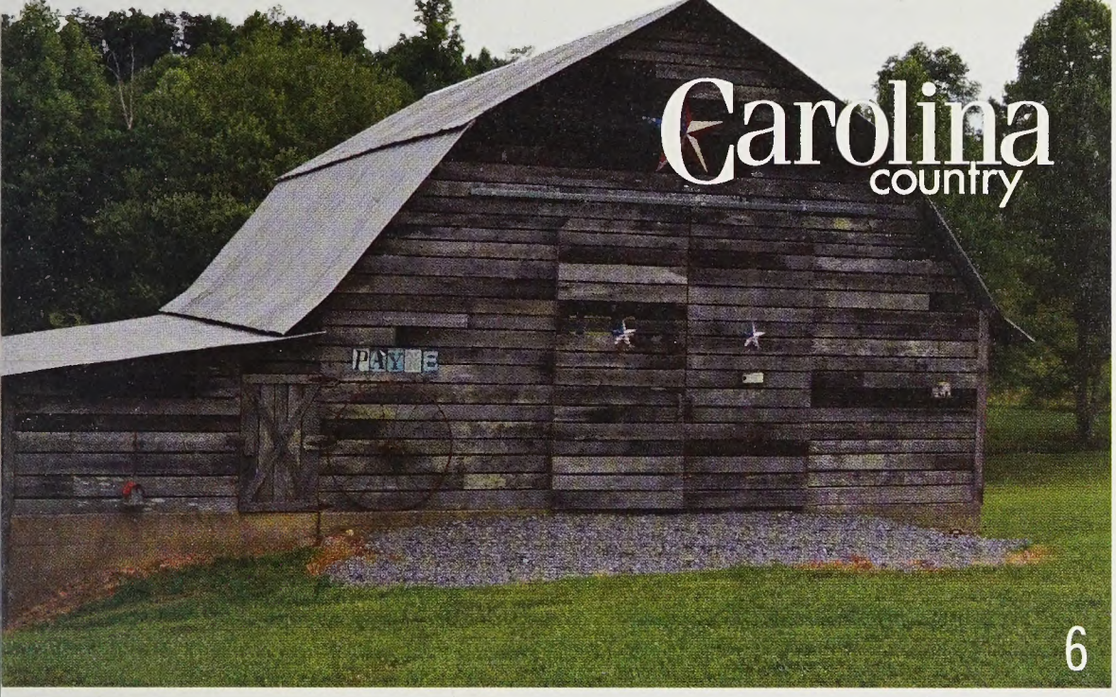

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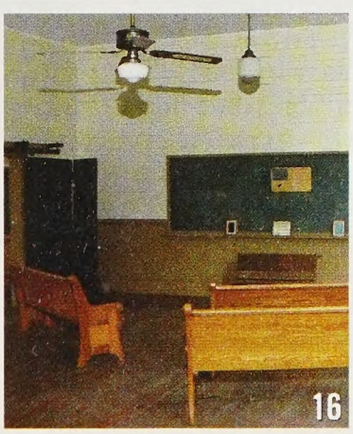
ON THE COVER

Alumni of the Russell Rosenwald School in Durham County who helped preserve the building and its memories. They are (Back row, from left) Lillie Whitten, Russell Mack, Juanita Shaw and Amos Umstead. Seated in front (from left) are Pearl Holman and Bessie Pearley. Learn the story on page 16. (Photography by Randy Berger, randyberger.com)



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Your cooperative sends you Carolina Country as a convenient, economical way to share with its members information about services, director elections, meetings and management decisions. The magazine also carries legal notices that otherwise would be published in other media at greater cost.

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Das Re-boot

by Robert H. Goodson

In November 2010, I visited Europe with a group of North Carolinians representing the energy industry, environmental organizations, state government and philanthropies. My primary interest was in how European Union nations and businesses were facing the changes in the energy industry.

I remember seeing in Germany giant wind turbines turning 165-foot blades, each weighing 10 tons. We learned about the admirable and ambitious goals the EU and Germany in particular had for transitioning to renewable energy and reducing carbon emissions. I realize now, four years later, what I witnessed: "too much, too soon."

Earlier this year, we reported in Carolina Country what Germany's experience could teach Europeans and those of us in the energy industry. ["Lessons From Germany," March 2011] Since then, the Germans have re-booted their approach to transition. This summer, the German government put in place measures that rewrote its energy policy of the past decade.

When I was in Europe, Germany's "Energiewende" (energy transformation) policy called for turning to renewable energy sources for 80 percent of its needs by the year 2050, and for reducing carbon emissions 90 percent. To help achieve these goals, Germany subsidized renewable energy industries, guaranteed prices and set a surcharge on electricity consumers.

Six months later, the disaster at Japan's Fukushima nuclear plant tilted German public policy further to shut down eight of its reactors immediately and the remaining nine by 2022, putting more pressure on the country's energy sector.

And indeed, Germany has made significant strides: nearly 25 percent of its energy today comes from renewable sources, and it produces more power from renewables than any European nation. But the costs have mounted. Modernizing the transmission and distribution grid to accommodate renewable energy generating facilities may end up costing tens of billions of dollars. And the rate Germans pay for electricity—about 38 cents per kilowatt-hour—already is about three times what U.S. consumers pay.

The U.S. electric utility industry and others have watched the German experience closely. In July, the Swiss firm FAA Financial Advisory AG reported on its study, commissioned by the Edison Electric Institute and its European clients, called "Development and Integration of Renewable Energy: Lessons Learned From Germany." In addition to noting the extremely high rates electricity consumers pay, the report said, "Over the last decade, well-intentioned policymakers in Germany and other European countries have created renewable energy policies that have slowly revealed themselves to be unsustainable, resulting in profound, unintended consequences for all industry stakeholders… The United States and other countries should carefully assess the lessons learned in Germany, with respect to generous subsidy programs and relatively rapid, large-scale deployment and integration of renewable energy into the power system."

Today, Germany's re-booted energy policy substantially withdraws subsidies to renewable energy and limits its expansion while spreading surcharges throughout the industry.

An interesting side note is that while Germany had been progressively reducing carbon emissions, the nation in recent years has had to rely more on coal for producing electricity (mainly for back-up generation to supplement the increased solar generation), resulting in an increase in emissions. Meantime, in the U.S., carbon emissions from the power industry have been steadily declining.

As electric cooperatives and electric utilities in general have welcomed reasonable integration of renewable energy resources, we also have shown the success of energy-efficient appliances and usage patterns, as well as cleaner-burning natural gas and emissions-free nuclear power. Besides our mission to provide safe, reliable and affordable electricity, electric cooperatives advocate energy policy that encourages well-planned, balanced energy resources and predictable progress toward a cleaner environment.

Bob Goodson is chief operating officer of the North Carolina Association of Electric Cooperatives.

Post your pictures with us

We love getting so many photos from the Carolina Country family. Now that mobile phones and tablets have built-in cameras, we get far more pictures than we used to, and far more than we can publish here. Try posting yours to our Facebook. It's quick, and there's a growing Carolina Country family there, too.

—The Editors

Using solar garden lights

During the March ice storm we lost power. But our directional solar garden lights did not. ["Try This!" July 2014] So we turned them off and let them charge in the day. At night we brought them in, flipped the switch and wedged them between our sofa and the wall. That gave each of us our own reading lights for the evening. They were also handy for navigating stairs and taking the dog out at night. If you don't have a good place to wedge the lights, you can "plant" them in a coffee can of sand and place where needed.

Kim Allen, Chapel Hill, Piedmont EMC

Check that exhaust vent

After reading the article "Feeling muggy indoors" ["On the House," August 2014], I suggested to my husband to clean the clothes dryer exhaust, as it was not working correctly. The dryer is vented to the outside. Approximately one year ago he had to replace the vent cover when the louvers were broken. When he removed the cover, look what he found! Thanks for bringing the need to clean the exhaust to our attention. The dryer works much better now.

Linda Worley, Beaverdam, Haywood EMC

Dears

My niece, Leah Grace, 10 months old, meets up with a curious friend while taking an afternoon walk with her parents on Grandma's farm in Moore County. The two precious babies meet for the first time with a gentle touch.

Doretha Ritter, Robbins, Randolph EMC

Snake eats snake

Last fall, as I was walking down my drive to my house from my tractor shed, I saw a young kingsnake eating a copperhead. I had always heard that a kingsnake will kill a copperhead, but I never had proof until then. Here is a picture of it.

Clark Ford, Indian Trail
Union Power Cooperative

Editor's note: A non-poisonous kingsnake can be helpful, because it will keep rodents and other pests at bay. It is immune to a copperhead's poison and will indeed kill and eat a copperhead. See a video on our website carolinacountry.com

Nectar the Protector

I have a rare albino hummingbird in eastern North Carolina. I have named him "Nectar the Protector," because he came at a time that was very challenging for both me and my disabled child. I feel as if he is a sign from God that we will both make it through our medical conditions and that we are being protected. He has visited frequently throughout the day for two weeks now.

Patricia Whitley, Washington

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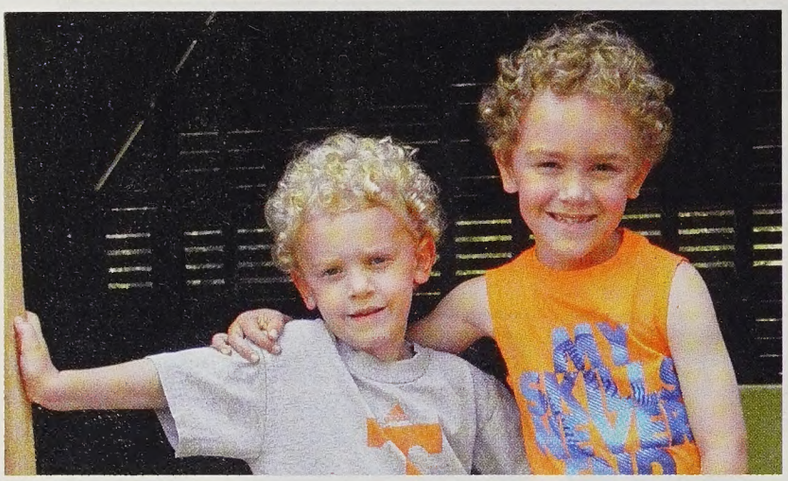

The old Payne barn, now restored, off Hwy. 64, west of Murphy in Cherokee County, inspired me to pay tribute to my grandfather on behalf of my boys Tyler (left) and Ryan.

A Jar Full of Nails

by Robert Payne

My parents, Linda and Ronnie Milton Payne, recently decided to restore an old family barn that had been built by my grandfather, Harold Milton Payne. My dad grew up on his parents' farm, and as the years went by the barn grew old and worn. After my grandmother passed, my parents decided to invest in restoring and "saving" our old barn for all their grandkids.

While helping clean out the barn, then clean up once the project was completed, I began to reflect. These reflections didn't really get serious until my two young boys, Ryan age 5 and Tyler age 4, were gathering up all the old rusty nails. I couldn't help but think that my grandfather held those old nails as he drove each into place.

I never got to meet my grandfather. He died before I was born. As a tribute to him and his old barn, I wrote the following message. I also wanted to give something to each son, his great-grandsons, so they too could reflect back on him. I gave everyone a Mason jar filled with these nails along with the following message:

"A Jar Full of Nails"

A jar full of nails today, once strong sturdy nails in their day. As this rusty old barn lives on, these nails expose a gift from another day. The nails were guided by our loved one with his wrinkled strong hands and every ounce of tough known to man. They now lie in this jar reflecting back on the man you once knew, or the man we wished we knew. These nails embody all the love, hard work, integrity and faith, lived out in life today—as we learn from him every day.

Robert Payne, Murphy, Blue Ridge Mountain EMC

Send Your Story

If you have a story for "Where Life Takes Us," about an inspiring person who is helping others today, or about your own journey, send it to us with pictures.

- We will pay $100 for those we can publish.
- Send about 400 words.
- Pictures must be high resolution or good quality prints.
- We retain reprint rights.
- Include a stamped, self-addressed envelope if you want anything returned.
- Tell us your name, mailing address, and the name of your electric cooperative.
- To submit: email to editor@carolinacountry.com ("Inspiration" in the subject line) or online at carolinacountry.com/contact

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First Ever Curved American Coin

The coin's curved design is a first in American history. The outward curing 'tails' side of the coin depicts a baseball—complete with intricate stitching. The inward curing 'heads' side of the half dollar reveals a classic leather baseball glove, with the curve perfectly reflecting the natural shape of a weathered and well-loved baseball mitt. Among the celebrity judges who selected this FIRST EVER curved design were Hall of Famers Joe Morgan, Brooks Robinson, Ozzie Smith, Don Sutton, and Dave Winfield. The curved design is like nothing you have ever seen before. You won't believe it when you hold it!

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Piedmont EMC helps local school grow

Piedmont EMC, the Touchstone Energy cooperative headquartered in Hillsborough, is helping Bethel Hill Charter School construct a new classroom building in Person County. The cooperative secured a $300,000 grant from USDA Rural Economic Development Loan and Grant Program for the assistance. The USDA grant, intended for improving community facilities, was accompanied by a $60,000 matching loan from Piedmont EMC.

The $1.3 million project includes a new 9,400-square-foot building to house eight classrooms for the school's growing student population, plus two or three more teachers. Bethel Hill Charter School currently has 385 students from Person, Caldwell, Granville and Durham counties.

The funding Piedmont EMC acquired from the USDA, along with the matching portion, will continue to benefit the community once the loan is repaid. The $300,000 zero-interest grant and $60,000 matching loan from the cooperative will go into a revolving loan fund for Piedmont EMC, which can then be re-loaned into the community for other projects.

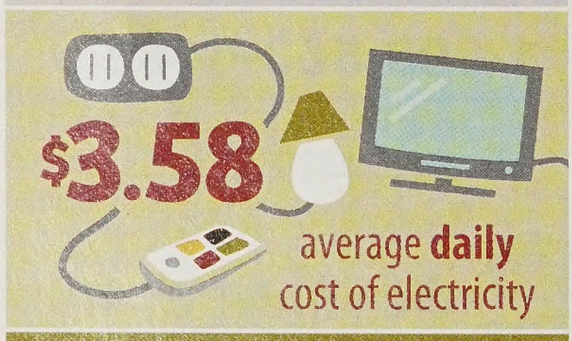
Together We Save

A new Home Efficiency Analysis Tool is available online to help you save money by making your home more energy efficient. Enter information about your home, and the tool will provide a prioritized list of projects and show in-depth project instruction sheets. The instructions can be used for a do-it-yourself weekend project or by a contractor. The tool identifies the difficulty level, costs, materials, how-to details, and priority level for each project.

Check out the "Power of Using Energy Wisely" section of TogetherWeSave.com for videos, blog articles, apps, the Saving Energy at Home Tour, and the new Home Efficiency Analysis Tool.

See one of the videos on our website: carolinacountry.com

THE VALUE OF *Electricity*



Electricity is expressed on a daily basis using EIA 2012 Average U.S. Monthly Residential Bill of $107

Renee Ellmers supports grid modernization

Congresswoman Renee Ellmers of Harnett County in July encouraged her colleagues in the U.S. House of Representatives to support more funding for the Office of Electricity Delivery and Energy Reliability. The additional funds would further research that protects and improves the nation's electricity grid infrastructure, enhancing its reliability, efficiency and security.

Ellmers used the N.C. State Smart Grid Center of Excellence as an example, and spoke of the benefits this research could have in rural communities and to the state's electric cooperatives.

See the video on our website: carolinacountry.com

Big solar planned for Pasquotank County

The Charlotte Observer in June reported that a Duke Energy commercial enterprise, Duke Energy Renewables, plans to build a 52-megawatt solar electricity farm on 500 acres in Pasquotank County near Elizabeth City. Once operational (expected in 2015), the facility could place North Carolina near or at the top of the list of states producing solar-generated electricity.

Officials at Duke Energy Renewables, which owns and operates more than 20 solar farms in eight states totaling more than 140 megawatts of power generation, said the power from its Pasquotank County farm will be sold to George Washington University, American University and George Washington University Hospital, all in Washington, D.C. The announcement said the solar power will supply more than half the electricity the universities use and one-third of the hospital's needs.

Can you help find fishing gear?

A North Carolina Coastal Federation project in January will remove abandoned fishing gear from northeastern North Carolina waters. With funding from NOAA Marine Debris Program, commercial watermen will be employed to help N.C. Marine Patrol during the "no-potting" period, typically from Jan. 15–Feb. 7. This project is intended to improve habitat and water quality, while simultaneously supporting commercial watermen.

The collection likely will take place from the Currituck Sound southward to Oregon Inlet, including parts of the Albemarle and Pamlico Sounds. Approximately 12 fishermen and a large number of volunteers are needed. Applications are due Oct. 17. To apply, contact Ladd Bayliss at (252) 473-1607 or laddb@nccoast.org.

Wood makes electricity

Wood biomass is one of the fastest growing sources of electric generation. The Energy Information Administration projects a 12 percent production increase by 2015.

Using waste wood for fuel to produce electricity is still in its infancy and accounted for less than 1 percent of all electric generation in 2013. Citing EIA's "Short-Term Energy Outlook," ECT.Coop reports a projection that wood biomass will trail only hydropower and wind as utility-scale renewable electricity. One recent example is a 49-megawatt Northern Virginia Electric Cooperative wood chip-burning facility near South Boston, Va., across the North Carolina state line north of Roxboro.

Meter tampering is illegal in North Carolina

North Carolina law specifically prohibits altering, tampering with and bypassing electric meters. Persons found guilty are liable for triple the amount of losses and damages to the utility, or $500, whichever is greater.

Anyone who uses power from an altered meter violates the same law. Both the person in whose name the meter is installed, and the persons using the electricity, may be liable.

It's also illegal for an unauthorized person to reconnect a meter after the utility has disconnected it.

It's also illegal to alter or remove a load management device that your utility has installed, unless you've asked the utility in writing to remove it and the utility has not removed it within two working days.

This law also applies to gas and water meters.

These activities do not apply to licensed contractors performing their usual services within recognized standards.

It's all in North Carolina General Statutes, Chapter 14, Subchapter VI, Article 22, Section 114-151.1.

THIS IS A SCAM

If you get a telephone call from someone claiming that your electric bill is due immediately or your power will be disconnected in 30 minutes, it is a scam call. Contact your electric cooperative if this happens.

Another scam call warns of a problem with your electric meter that could cause a fire unless you pay to replace the meter immediately. Contact your cooperative if you get such a call.

Reducing carbon emissions at power plants

The Obama Administration's Environmental Protection Agency in June proposed new regulations aimed at reducing by 30 percent greenhouse gas emissions, mainly carbon dioxide, from existing U.S. power plants by the year 2030. The EPA plans to finalize the rules by June 2015, and by June 2016 each state is required to submit its plan for reducing CO_2 emissions. At present, North Carolina's mandate is to achieve a 39 percent reduction by 2030.

What does this mean for your electric cooperative and your electricity costs?

In short, it means that your cooperative likely will pay more for the wholesale power it buys from utilities, such as Duke Energy, that generate electricity at coal-burning plants. If your cooperative pays more for the electricity it delivers to you, you will pay more to use it. Some coal plants may be shut down, others may undergo expensive retrofitting, while utilities turn to other fuels, including renewable sources, that may be more expensive than coal to run their plants.

Some background

When the U.S. faced an energy shortage in the 1970s, as Middle Eastern oil supplies were disrupted, President Jimmy Carter called for a "shift to plentiful coal" to meet our growing energy needs. In 1978, Congress passed the Powerplant and Industrial Fuel Use Act to block the use of natural gas or oil to generate electricity. Electric utilities began using more coal. Today, about 37 percent of the nation's electricity comes from coal-burning plants.

North Carolina's electric cooperatives meantime developed the diverse power supply portfolio they maintain today. More than 50 percent of your co-op's power is generated at emissions-free nuclear and renewable facilities. While the state's cooperatives do not own coal-fueled power plants, coal is part of our fuel mix via purchased-power agreements. Co-ops are affected by the rising costs associated with coal.

Reducing emissions

The EPA proposal calls for reducing CO_2 emissions by 30 percent in 15 years, using 2005 levels as the benchmark. According to the U.S. Energy Information Administration, the power industry as a whole already has reduced emissions by 15 percent since 2005. That improvement came about not because of a government order, but because of industry and market management, combined with political will.

The EPA cited four ways the industry can reduce emissions:

- Invest in more efficient coal-fired power plants.
- Increase the use of natural gas-fueled power plants.
- Increase the use of renewable resources.
- Increase the amount of consumer energy efficiency programs.

Again, the electricity industry, including cooperatives, for years has invested in all four of these means to achieving a cleaner and more efficient power supply system. While cooperatives have approached these investments cautiously and prudently, all of them carry costs that eventually are borne by consumers.

What next?

North Carolina's electric cooperatives will be involved as the EPA regulations process continues. Comments on the proposed rules are due by October 16. And North Carolina is expected to submit a compliance plan by June 2016. Cooperatives will participate, and will continue discussing the issues with state and federal policymakers.

As local, not-for-profit utilities owned by their members, cooperatives are less concerned about making money than they are about increasing costs for their members. The new mandate comes at a time when co-ops also are making other investments — modernizing and securing infrastructure, expanding efficiency and communications, investing in renewable energy.

And cooperatives typically serve areas where households and businesses are less able to afford higher rates than their counterparts in urban and more affluent regions of the country. While they always have protected the integrity of the environment where they do business and where their members live and work, electric cooperatives are equally focused on what their actions will cost their members.

This is the 19th in a series produced by the North Carolina Association of Electric Cooperatives. See the entire series at www.carolinacountry.com

What You Can Do

- See a video on our website about the potential effects of the EPA regulations: www.carolinacountry.com
- Send a message by October 16 directly to EPA at www.tellEPANC.com
- Enroll in the Cooperative Action Network: www.action.coop
- Learn ways to use energy efficiently: www.togetherwesave.com

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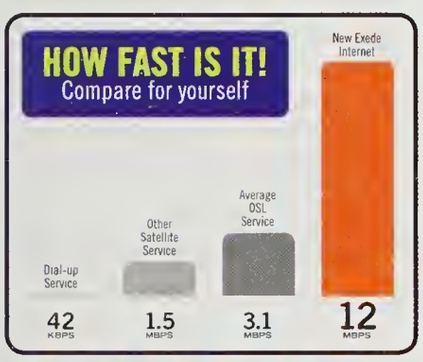

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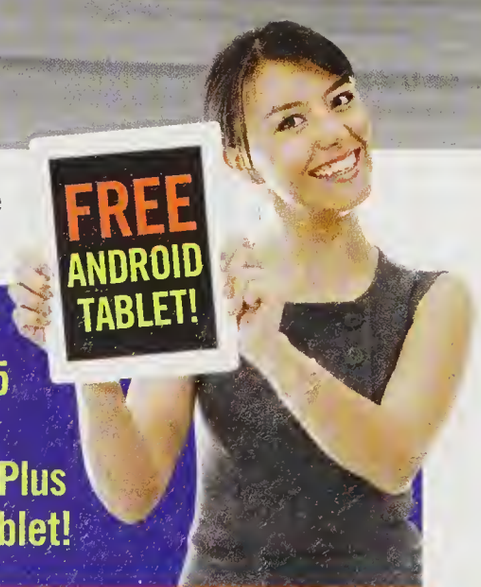

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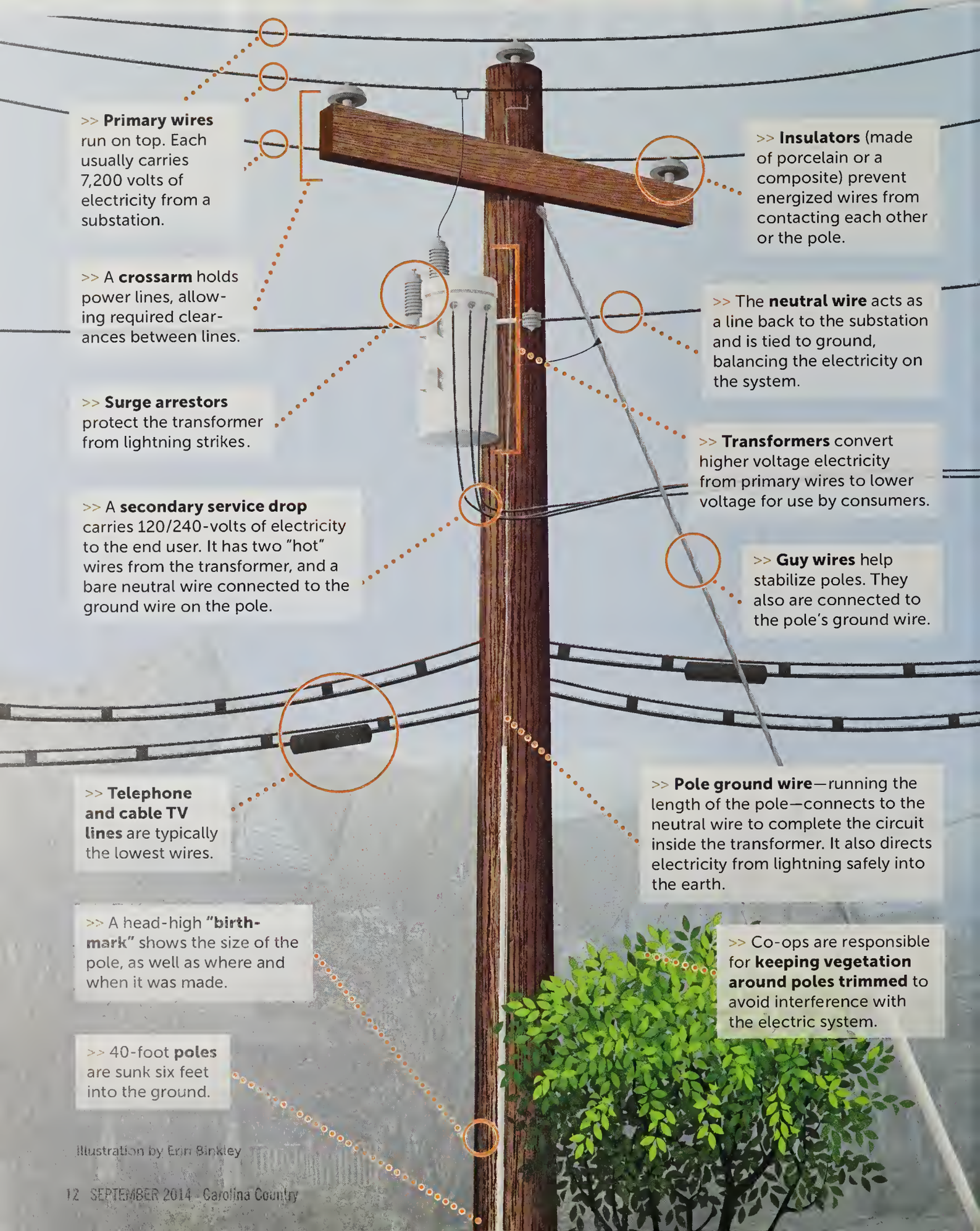
exede INTERNET

>> What's on that **pole**?

This illustration shows basic equipment found on electric power distribution poles. Not all poles have all this equipment on them. They vary according to location and the service they provide.



>> **Primary wires** run on top. Each usually carries 7,200 volts of electricity from a substation.

>> **Insulators** (made of porcelain or a composite) prevent energized wires from contacting each other or the pole.

>> A **crossarm** holds power lines, allowing required clearances between lines.

>> The **neutral wire** acts as a line back to the substation and is tied to ground, balancing the electricity on the system.

>> **Surge arrestors** protect the transformer from lightning strikes.

>> **Transformers** convert higher voltage electricity from primary wires to lower voltage for use by consumers.

>> A **secondary service drop** carries 120/240-volts of electricity to the end user. It has two "hot" wires from the transformer, and a bare neutral wire connected to the ground wire on the pole.

>> **Guy wires** help stabilize poles. They also are connected to the pole's ground wire.

>> **Telephone and cable TV lines** are typically the lowest wires.

>> **Pole ground wire**—running the length of the pole—connects to the neutral wire to complete the circuit inside the transformer. It also directs electricity from lightning safely into the earth.

>> A head-high **"birthmark"** shows the size of the pole, as well as where and when it was made.

>> Co-ops are responsible for **keeping vegetation around poles trimmed** to avoid interference with the electric system.

>> 40-foot **poles** are sunk six feet into the ground.

Illustration by Erin Binkley

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Managing moles

It's an ongoing task that can succeed using multiple control methods. Be smart, be legal, and good luck!

by Amy Ney

We've all seen them—the tunnels marring beautifully manicured parks, fairways and cemeteries. But it's most frustrating when those miniature mole highways are in the lawn you have worked so hard to maintain.

Before trying to eradicate the invaders, take stock of the situation. Does the damage warrant trying various methods? Moles actually provide positive services: they aerate soil and mix the layers, they eat pest larvae including white grubs and Japanese beetles.

Who are they?

The three species of moles in North Carolina are the eastern mole, the hairy-tailed mole, and the star-nosed mole. Each is from 4–8 inches long with a protruding snout, gray to black fur, and clawed feet. They do not eat plant roots or bulbs, but dig tunnels in search of food, up to 150 feet of pathway per day. They eat mainly grubs, earthworms, ants and beetles, and consume them at 50–100 percent of their body weight each day. Moles prefer moist soil without much gravel or clay. They are active year-round. They tend to be solitary unless it is a female caring for her young, so it may be just one mole making a mess of your entire lawn.

Mole control

Moles are difficult to control. First, they have a variety of food sources, so if you eliminate one, they can switch to another. Second, having moles means you have good mole habitat. If you eradicate your one mole, another may take up residence. And third, because moles are a wild, non-game animal, you need a depredation permit to legally trap or kill them.

Some methods have no proven success: broken glass, pins, mothballs or hair in the tunnels; devices that emit sonic noises or vibrations; planting the caper spurge. Repellants containing castor oil have not been proven effective, and there is concern about the toxicity of castor beans. Methods illegal in North Carolina include using any type of chemicals, poisoning, fumigating or gassing.

While not guaranteed, the two main avenues of control are:

- **Reducing the food supply**

  White grubs are a major food source for moles, and these can be controlled by applying an insecticide to the ground surface while soil is very moist from rain or irrigation, in April–May or August–October while the larvae are feeding. White milky spore, a natural fungus, may reduce grubs and insects, but may take several years and the spores may not survive cold weather. Adding beneficial nematodes (microscopic, unsegmented worms) to your yard when the temperature begins to rise in the spring may help. Nematodes use insect pests as hosts to breed future generations, are totally harmless, and will die off when their food source is gone.

- **Trapping**

  Spear-type traps are the most effective. They can be found at farm supply stores. To find the best location to place the trap, stomp down all the tunnels and watch to see which are raised the next day. Do this for several days. Find a location that has been routinely re-tunneled, and stomp it down again. Place the trap in the center of the tunnel, ensuring that the soil on each side of it has been depressed so that it will not be visible to the mole inside the tunnel, and set it. Upon its next visit, the mole will dig itself into the trap. Dispose of deceased moles in a sanitary manner. If the trap has not been sprung within two days, repeat the process in a new place. One or two traps should be sufficient for a moderately sized lawn. All mole depredation requires a permit and must be reported to the NCWRC within five working days. Remember that removing moles doesn't change your lawn's habitat status.

You also can encourage natural predators such as snakes, owls and pets. Ask your county Cooperative Extension how to create beneficial habitat for native species.

Amy Ney is a freelance writer with a background in private land management. She lives in Haywood County and is a member of Haywood EMC.

Get a depredation permit

N.C. Wildlife Resources Commission, Division of Wildlife Management, 1722 Mail Service Center, Raleigh, NC 27699-1722.
Phone: (919) 707-0050. **Web:** ncwildlife.org (search depradation)

See a video
Watch how to set a trap: carolinacountry.com

"No Vacancy" signs for wildlife visitors

You have little control over what passes through your yard, but you don't have to roll out a red carpet.

By Carole Howell

It was clear from the noxious odor that we had company, and it was close by. "Eau de Polecat" was how my husband described it, because it was certainly not perfume. I was afraid to let the dog out, since he hadn't learned from three previous experiences that skunks mean business. I saw no reason to invite trouble.

But we were inviting trouble by leaving cat food outside overnight and by not securing our crawlspace. Fortunately we acted before our guest decided to stay.

Most of us enjoy watching wildlife, but if they hang around, they may move in.

While you're sleeping, wild animals are awake and foraging. Come fall, animals begin looking for warm shelter and a place to give birth in the spring.

"A raccoon can disconnect all of your attic ductwork in a week," says biologist Austin Tate. "So it's important to act quickly."

A wildlife invasion of your home can be both dangerous and expensive. Wild animals leave droppings and chew wiring. Some spread diseases; all spread fleas and parasites. The services of an animal removal service, decontamination, and home repairs can total thousands of dollars. Depending on the extent and type of damage, some homeowner's insurance policies cover it and others don't.

"A raccoon can disconnect all of your attic ductwork in a week," says biologist Austin Tate, North Carolina-Virginia district manager for Trutech Wildlife Removal. "So it's important to act quickly."

Signs of invasion

Indicators of an infestation, Tate says, are sounds that include scratching, gnawing, boards creaking, running and screeching. "Flying squirrels make a lot of noise at night because they're nocturnal and live in colonies—like a hockey game in the attic. Sometimes you will smell ammonia from urine or observe guano, bat feces, scattered down the side of your house."

Rodent droppings in your kitchen cabinets indicate a mouse or rat problem, which can quickly get out of hand. Snakes interested in mice as food may soon follow.

Entry typically begins with a small opening. Even new construction can be susceptible to animal entry through gable vents, construction gaps and loose soffits. An older home with little or no insulation invites animals entering from the crawlspace to make their way to the attic.

There are several things homeowners can do to keep wild animals out, and it starts by making your home less inviting.

Don't feed them

According to Tate, wildlife invasions commonly start with raccoons, opossums and mice visiting the back porch where pet food is present. He recommends taking uneaten food in at night, hanging birdfeeders at a reasonable distance from the house and keeping trash cans covered tightly.

No entry

Inspect the outside of your house for possible openings. Many animals can enter through a very small space, Tate says. "Anything that's not secure, such as a loose vent, makes an easy entry. Another common scenario is a smaller animal getting in through a small space and a larger animal enlarging the hole and coming in behind them. Tree branches too close to the roof make an easy bridge to attic openings."

No mothballs

Many products touted as deterrents are unproven, and may even be harmful to pets—mothballs, for example. Tate says his team finds them in almost every yard and attic they see. "Our team often arrives on the scene to see noisemakers and chemicals, evidence of the homeowner's own attempts to repel or remove wildlife," he says.

He stressed that homeowners should never try to capture any wildlife, since animals can be extremely dangerous when cornered.

Get a pro

Usually the solution to univited wildlife guests starts with an inspection by a professional trained to deal with prevention, removal, cleanup, decontamination and repair. Choose a wildlife removal service that guarantees specially trained staff, is licensed in North Carolina as a damage control agent, and has proper liability and workers' compensation insurance. The Better Business Bureau is a good source.

Carole Howell is an independent writer living within the Rutherford EMC service area. Check out her work at walkerbranchwrites.com

The Russell Rosenwald School

The Russell Rosenwald School was built in the 1920s in Durham County, between Durham and Rougemont, for the local African-American community. Named for Thomas Russell, a major neighborhood benefactor, Russell School is located on St. Mary's Road and is owned by Cain's Chapel Missionary Baptist Church, which sits adjacent to it.

Julius Rosenwald was a principal of Sears, Roebuck and Company from the 1890s to 1932. The great educator Booker T. Washington inspired Rosenwald to help fund basic school buildings for rural African-Americans in the South. More than 5,300 schools were built during the period in 15 states. North Carolina had more than any state, about 813. African-Americans contributed time, labor and funds to help build the schools.

Like many others, the two-room Russell School was built to specifications outlined by the Rosenwald fund. The building faces north to south, with high windows that allow the morning and afternoon sunshine to illuminate the interior of the building, since there was no electricity in the building during its use. There are hardwood floors, two closets and a small kitchen facing the front of the building. Fond memories and experiences at the school have lived through the generations after it closed in the mid-1940s, when students were sent to Little River School in Bahama.

Research and restoration work has been underway in the community, including by members of Piedmont EMC. Cain's Chapel Church makes it available as a community building. The Russell School is recorded on the State Historic Registry and National Register of Historic Places. The Friends of Russell Rosenwald School is responsible for maintaining and restoring the school.

The Friends' annual Russell School Day and Yard Sale is scheduled for Sept. 14. Learn more at friends-of-russell.org

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homemade apple juice

Excerpted with permission from the new book, "Drink the Harvest," by Nan K. Chase and DeNeice C. Guest.

This apple juice is different from our Apple Family Cider [a reference to another recipe in the book]. The juice comes from apples that are cooked with filtered water and then strained, whereas apple cider is pressed raw and without any water added. Apples can be a bountiful harvest, so don't overload your pot and bowls and don't make your juice bag too heavy.

The flavor will vary with the kinds of apples used, and whether you use just one kind of apple or a mixture. A mix of tart apple varieties makes the best juice; sweet varieties or using a single variety can produce juice that seems bland or flat in comparison but is still worthwhile. This pleasant juice carries the aroma of an open meadow, and its smooth, mild flavor makes it a perfect everyday drink for children.

Makes approximately 4 quarts
Prep time: About 2 hours, plus canning

Ingredients

15–20 pounds of fresh apples, quartered, bad parts cut out

Filtered water

Ascorbic acid, ¼ teaspoon per quart of juice (for canning)

Sugar, 2–4 tablespoons per quart of juice (optional, for canning)

1. Put the apples into a large nonreactive stockpot, and then add filtered water to cover the fruit by about ½ inch. Bring the contents to a boil.
2. Reduce the heat and simmer for 10 minutes, stirring and mashing the apples as they cook. Stir occasionally to avoid sticking, and skim off any foam.
3. Line a large colander with two layers of cheesecloth that have been dampened with filtered water. Set the colander over a large bowl, making sure that the colander sits well above the bottom of the bowl and the juice can flow freely.
4. Slowly pour the hot apple liquid into the cheesecloth-lined colander.
5. Leave the juice to strain for 1–2 hours. Do not squeeze or force the apples through the cheesecloth, or the juice will become cloudy.

This juice can be used immediately or preserved by canning.

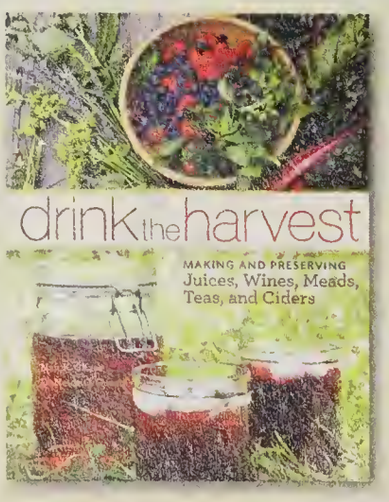
Apple juice and cider are tasty treats, especially homemade concoctions.

Cook's tip

This juice is very mild and may taste bland when first made without the addition of more sugar, so heat the juice with mulling spices for a winter treat. For the adults, add rum and a touch of butter. With or without added sugar, the flavor of canned apple juice seems to deepen and improve after a few months.

Canning notes

- ☐ Measure the juice by carefully ladling it off the sediments. Pour the measured juice into a nonreactive stockpot.
- ☐ Simmer juice at 190 degrees F for 5 minutes. Remove from heat.
- ☐ Add sugar, if using (2–4 tablespoons per quart), and stir to dissolve.
- ☐ Add ascorbic acid to sterilized jars (¼ teaspoon per quart).
- ☐ Fill the jars with liquid, leaving ¼ inch of headspace. Apply sterilized lids and bands, being careful not to overtighten. Process both pint and quart jars in boiling-water bath for 15 minutes, adjusting for altitude.



The book

"Drink the Harvest" tells how to make healthy, inexpensive juices, ciders, wines, meads, teas, and syrups as well as how to create beverage gardens and harvest ingredients for maximum flavor and quantity. Storey Publishing, softcover, 232 pages, $18.95; e-book available.

(800) 441-5700 or storey.com

About the authors

Nan K. Chase also wrote "Eat Your Yard!" A Garden Writers Association member and longtime freelancer, her work has appeared in The New York Times, American Bungalow, Southern Living and many other publications. She was the founding president of the Asheville E-Z Gardeners club in Asheville, where she lives.

DeNeice C. Guest has studied wild herbs and gardening for more than 30 years, and has been making and brewing herb-based tonics, beverages and medicines for the last decade. She is a charter member of Asheville E-Z Gardeners.

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CAROLINA COUNTRY
scenes
Photo of the month

Nap time

My father-in-law and his great-grandson taking a nap in Snow Camp.

Will Baker, Burlington

The Photo of the Month comes from those that scored an honorable mention from the judges in our 2014 photo contest ("Carolina Country Scenes," February 2014). See even more at the Photo of the Week on our website carolinacountry.com.

STATE HOUSING PROGRAM can help homeowners stem foreclosures

Funding is available to help 4,000 more eligible applicants

By Brian Rapp

Home foreclosures may have dwindled since the depths of the Great Recession—but they're far from disappearing.

In the 12 months leading up to May 2014, more than 24,000 North Carolinians lost their homes to foreclosure. So far this year, close to 3,000 foreclosure notices a month have been filed in North Carolina courts—even as foreclosure rates move down towards pre-recession levels.

Fortunately, in North Carolina help is available to prevent some of these losses. The state-designed N.C. Foreclosure Prevention Fund has already helped more than 17,000 homeowners keep their homes after an unexpected job loss or hardship left them temporarily unable to make their mortgage payments. Funds are available to assist 4,000 more.

For up to 36 months ($36,000), the N.C. Foreclosure Prevention Fund makes the homeowners' payments while they look for work or train for new jobs. The effort is designed and managed by the N.C. Housing Finance Agency, a self-supporting state agency, using funds from the U.S. Department of the Treasury. Program guidelines were expanded this summer to assist returning veterans enrolled in VA vocational training or attending school on the GI Bill.

To qualify, homeowners do not need to be behind on mortgage payments to apply.

Assistance is provided through a zero-interest, deferred loan, with no payments due as long as the homeowners continue to live in their home. If the owner remains in the home 10 years, the loan is forgiven. The fund makes the mortgage payments directly to the lender and also pays mortgage related-expenses such as property taxes, insurance and homeowners association dues.

> The goal is to help responsible homeowners protect their homes while they get back on their feet.

"The goal is to help responsible homeowners protect their homes while they get back on their feet," explained A. Robert Kucab, executive director of the N.C. Housing Finance Agency. "Every foreclosure we can prevent helps the state's economic recovery by preserving property values and the local tax base."

Kucab estimates that a single completed foreclosure costs the economy between $75,000 to $100,000 in lost taxes, commercial revenue and depreciated property value. ["Sheltering Neighborhoods from the Subprime Foreclosure Storm," U.S. Congressional Joint Economic Committee Special Report, April 2007] Since October 2010, when the N.C. Foreclosure Prevention Fund was launched, the program has saved more than $2.3 billion in property value from foreclosure—and protected an additional $642 million in surrounding property value from potential depreciation.

The program is funded by the U.S. Department of the Treasury as part of the "Hardest Hit Fund" created at the height of the recession. North Carolina was one of 18 states, and the District of Columbia, chosen for this assistance in 2010 because of the state's high unemployment rate and declining home prices.

Homeowners can apply for the fund through any of 41 HUD-approved housing finance agencies throughout the state, listed on the Fund's website (NCForeclosurePrevention.gov) or apply online through the website.

How well has the program worked?

Of the 17,000 homeowners who have received loans since 2010, more than 12,000 have completed the program and resumed their own mortgage payments. Of those, fewer than 2 percent have experienced foreclosure.

For more information about the N.C. Foreclosure Prevention Fund, homeowners may contact a participating housing counseling agency, visit NCForeclosurePrevention.gov or call (888) 623-8631.

Brian Rapp is the communications specialist with the N.C. Housing Finance Agency.

What makes me eligible?

You may be eligible if you

- Lost your job through no fault of your own
- Suffered a temporary financial hardship such as divorce, that requires you to seek new employment
- Are a veteran going to school on the GI Bill or enrolled in a VA vocational training program
- Experienced job loss, financial hardship or deployment after Jan. 1, 2008
- Have a good mortgage payment history prior to hardship or deployment
- Owe no more than $300,000 on your home
- Have your primary residence in North Carolina
- Are a legal U.S. citizen

Kids rooms that 'grow'

Choose flexible furnishings that can transition with your child

Costs for furnishing and decorating a child's room can mount quickly, but with careful planning and smart purchases, the decisions you make for that nursery or toddler's room can create a functional and clutter-free space that grows with your child well into the teen years.

From convertible furniture to neutral walls, you can establish a framework that evolves as your child's interests change, significantly extending the life of those early investments. Lorie Marrero, a certified professional organizer and author of "The Clutter Diet," has partnered with ClosetMaid to offer these tips for creating a room that transitions with your child.

Invest wisely

Select furniture that will adapt to your child's needs in the highest quality your budget allows. For example, if you're starting with a nursery, choose a crib that converts to a toddler bed and even a twin or double bed years down the road.

Choose a dresser that can double as a changing table during the early years, with pulls that a toddler or young child can easily manage when the time arrives.

Flexibility first

With each purchase, consider how the item will serve your child's needs over a span of several years. This is true even in the closet, where space once allocated for tiny garments must eventually give way to larger and bulkier attire.

One solution is a multi-functional closet organization system, such as ClosetMaid's ShelfTrack, which can be altered as children grow and their needs change. For younger children, maximize closet space by utilizing three levels of wire shelving for clothing. As they get older, it's easy to reconfigure designs by adjusting shelving or adding accessories such as baskets and shoe racks.

Décor that lasts

Establish a neutral palette that can change to reflect your child's personality as they grow. Change up bedding and other decorative items. Dress up cubbies and storage spaces with pops of color that can be easily changed.

On the walls, avoid the cost and work of repainting to match each new look by using temporary adornments, such as decals that peel away.

"You're doing yourself a big favor by establishing a solid foundation of furniture and storage in a child's room from the start," Marrero said. "Strategic purchases that last for years will let you focus on helping to make your child's personality shine in the bedroom, starting with an adaptable storage system that helps set an early standard for keeping clutter under control."

—FamilyFeatures.com

Hen housing

Researchers are exploring different systems

From children's books to advertising, consumers often see idyllic images of hens scratching in the dirt and pecking around the barnyard. However, these pictures can distort how most eggs are produced today.

Getty Images

Differences in housing

Though eggs were once gathered from flocks that lived outdoors, by the early 1950s, egg farmers began seeing benefits to raising hens indoors. Today, the majority of hens are raised in one of three types of housing: conventional cages, cage-free housing and enriched cages.

Each housing system has advantages and disadvantages in terms of animal well-being, according to Dr. Joy Mench, animal science professor at University of California-Davis and a researcher leading hen well-being research with the Coalition for Sustainable Egg Supply (CSES).

Conventional

"In conventional cages, the behavior of hens is very restricted—they have little freedom of movement and are unable to perch, nest or forage," Mench said. Conventional cage systems account for approximately 95 percent of all eggs produced in the United States.

Cage-free

"Cage-free systems permit much more freedom of movement and also allow the hens to perform the behaviors that they cannot perform in conventional cages," Mench said. "But hens in cage-free systems also tend to have more health problems and higher mortality than hens in conventional cages'"

Enriched colony

A third type of housing has recently been introduced in the U.S., which is essentially a hybrid of the other two housing systems.

"The new enriched colony systems were designed to be intermediate between conventional cages and cage-free systems," Mench explained. "They are larger than conventional cages and contain perches, a nesting area and a foraging area. They still do not allow the hens as much freedom of movement as a cage-free system, but they preserve many of the hen health advantages that are associated with conventional cages."

Animal well-being, food safety & affordability

CSES researchers are working to understand better how each of these hen housing systems affects various issues, including animal well-being.

"This research will offer additional insights into other aspects of each system, as well, including food safety, environmental impact, worker health and safety and food affordability," Mench said. "Ultimately, this will allow researchers and others to understand the potential impacts, advantages and disadvantages of each housing system as they work to better understand a sustainable egg supply."

—FamilyFeatures.com

Resources

For more information about sustainable egg production and CSES interim findings, visit sustainableeggcoalition.org. While there, click on "Resources" if you'd like to peruse interactive charts and take video tours of the three types of hen housing.

Also, the North Carolina Egg Association, based in Cary, offers information on sustainability, food safety and egg nutrition, as well as recipes and farmer videos on its website, ncegg.org.

Creating a fertility plan

Key factors include open conversations and knowing your cycle

For women, a yearly check-up with their healthcare provider is an essential part of maintaining their overall reproductive health. And if you are trying to get pregnant, it's even more important. Here are some tips toward both goals.

Getty Images

Understand your cycle

Understanding your ovulation cycle is a basic step in maintaining good health, and especially important for women trying to conceive. A recent study by First Response, a brand of pregnancy tests, and Yale School of Medicine researchers revealed that 40 percent of women were not aware of the timing of ovulation in relation to their period, and 60 percent incorrectly believed that intercourse should be timed after ovulation to maximize chance of conception.

There are charts and apps available to help alleviate the guesswork in tracking a woman's cycle. For example, the First Response Tracker is a smartphone app for iPhone and Android users. The app keeps track of a woman's period and ovulation cycles, and calculates her most fertile days. If she's pregnant, it can estimate how far along she is and predict her due date. For more about the app, visit knowsooner.com.

Be open with your doctor

"Whether or not you're trying to get pregnant, it is important to know your body and to have a good relationship with your OB/GYN," says Dr. Mary Jane Minkin, clinical professor of obstetrics and gynecology at Yale University School of Medicine. "You should never feel intimidated or embarrassed to talk about your sexual activity, menstrual cycle and health."

Minkin goes on to say that if you are trying to get pregnant, knowing your history will help your doctor discuss a specific fertility plan, and help you make any lifestyle changes that will best condition your body and overall health.

Guidelines for seeing a specialist

As Barbara Collura, president/CEO of RESOLVE: The National Infertility Association, explains, "The guidelines state that you should seek the advice of a fertility specialist if you are under 35 and have been trying to get pregnant for 12 months, or over 35 and have been trying for six months."

However, she also points out factors such as being overweight or underweight, tobacco and alcohol use, and prior health issues such as surgeries can all impact your fertility and chances of conception. To find out more about what can affect fertility, visit resolve.org.

Talk with your partner

When it comes to trying to get pregnant, it's not just physical—it's mental and financial, too. Planning to start a family is an important conversation for both partners to have so they can get on the same page about the responsibilities of raising a child, says Dr. Diane Ashton, vice president for Health Equity and deputy medical director of medical affairs at the March of Dimes.

Issues to discuss include lifestyle changes, baby budgeting and making sure you are both emotionally ready to balance your careers and free time with having a family.

Knowing as soon as possible

Confirming pregnancy as soon as possible is important for women to make lifestyle changes and initiate prenatal care as close to conception as possible. Look for early pregnancy tests at the drugstore that have been cleared by the FDA and have the highest accuracy rate.

—FamilyFeatures.com

Do you have outdated appliances?

Saying goodbye to them can lower your power bills

By Luann Dart

Saying goodbye to an old friend can be daunting. But pulling the plug on an outdated refrigerator or dishwasher might save you money. New appliances usually are much more energy-efficient.

Layn Mudder

By default, new televisions are set to dynamic, high-contrast settings. This consumes more power than standard, lower-contrast settings. Calibrate your TV by adjusting the contrast and brightness to a moderate level.

A new refrigerator consumes 75 percent less energy than a 1970s model. Replace a vintage clothes washer and you can save $60 on utility bills and nearly 5,000 gallons of water a year, according to the Association of Home Appliance Manufacturers. Not every new appliance is a good bet. Always look for the Energy Star label. It signals energy-efficient models.

Ready to save? Let's find opportunities!

Kitchen & laundry

In the laundry room, a full-size, Energy Star-certified clothes washer uses 15 gallons of water per load, compared to the 23 gallons used by a standard machine. During the machine's lifetime, this saves 27,000 gallons of water.

Replacing your older refrigerator with an Energy Star-certified model can save between $200 and $1,100 in lifetime energy costs. Today's average refrigerator uses less energy than a continuously lit 60-watt light bulb.

Was your dishwasher built before 1994? If so, you're paying an extra $40 a year on your utility bills compared to neighbors with an Energy Star-certified model.

Televisions

TVs are a bit more baffling. As screen sizes increase, energy consumption may also rise. You can still be a savvy shopper. TVs that have the Energy Star certification are about 25 percent more efficient than models that don't. LED screens use 20 percent less energy than LCD TVs.

Once you purchase a TV, calibrate it by adjusting the contrast and brightness to a moderate level. By default, new televisions are set to dynamic, high-contrast settings. This consumes more power than standard, lower-contrast settings.

Savvy moves either way

Can't afford something new now, but you still want to save some energy? Set your water heater at 120 degrees and be sure your clothes washer or dishwasher is full when you use them. (The greatest expense when washing dishes or clothes is heating the water.)

More tips

- *Too cold food:* In the kitchen, make sure you aren't keeping your refrigerator and freezer too cold. Recommended temperatures: 37 to 40 degrees for the fresh food compartment and 5 degrees for the freezer section.
- *Toast, don't roast:* Use toaster ovens or microwave ovens for small meals rather than your large stovetop or oven.
- *Air dry the dishes:* Use the dishwasher's "eco" option or use a no-heat air dry feature.
- *Laundry washing:* Wash clothes in cold water using cold-water detergents whenever possible. Adjust load settings for smaller loads.
- *Lose that lint:* Clean the lint screen in the dryer after every use to improve the dryer's efficiency.

Luann Dart writes on energy efficiency issues for the National Rural Electric Cooperative Association.

Power savings

Refrigerator
Typical wattage: 725

New vs. old:
New saves more than $100 a year

Clothes washer
Typical wattage: 350–500

New vs. old:
New saves more than $100 a year

Dishwasher
Typical wattage: 1,200–2,400

New vs. old:
New saves $40 a year

Sources: Energy Star, Consumer Electronics Association, Association of Home Appliance Manufacturers, U.S. Department of Energy, Natural Resources Defense Council

WHERE IN CAROLINA COUNTRY IS THIS?

This is a Carolina Country scene in Touchstone Energy territory. If you know where it is, send your answer by Sept. 9 with your name, address and the name of your electric cooperative.

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Raleigh, NC 27611

Multiple entries from the same person will be disqualified.

The winner, chosen at random and announced in our October issue, will receive $25. To see the answer before you get your October magazine, go to "Where Is This?" on our website carolinacountry.com.

August winner

The August picture by Steve Sherron shows the 1854 Durant-Walters home place on Landsford Rd. in Union County. Robert and Lanelle Walters Jones restored what was left of the original structure on the site. The cabin has the original flooring, doors, fireplace and antique items passed down from the family. The winning entry, chosen at random from all correct submissions, was from Edwina W. Eubanks of Monroe, a member of Union Power Cooperative.

I Remember...

We liked going to Papa Boyd's after church.

Papa Boyd's false teeth

As a young girl, I thought it was a treat to go home with my Papa Boyd after church on Sunday. We had sandwiches made from thick slices of Bost's bread and a whole Pepsi Cola. He let me watch television while he took a nap on the couch. One time, his false teeth were lying on the floor. I thought that was the funniest thing I had ever seen. Papa had a hard time keeping up with his false teeth.

Years later, I got a call from Papa: he had lost his teeth. He blamed it on a weasel he had seen out at the corn crib. He handed me a flashlight, and I crawled around the attic with the spiders, hoping the weasel had dropped the false teeth climbing out of the house. I crawled under the house where it was dark, damp and cold, looking more for a snake or rat than Papa's teeth. He decided the weasel had won, so he purchased another set.

Papa died Easter morning 1976. While packing his clothes in boxes from his closet, Mama found Papa's teeth in his coat pocket. The weasel was innocent.

Phyllis Edwards, Union Mills, Rutherford EMC

Black Beauty

I am 75 and live near Pinetops. At 4, I lived on a six-mule tobacco farm, which was a pretty good-sized farm. At Christmas, my father bought me a 6-month-old Shetland pony from Waters Oil Company in little Washington. They had about 25 ponies to pick from, and my mother wanted Old Bear. But my father picked Black Beauty, who was the most spirited in the bunch.

Black Beauty and I were buddies up until I went away to school as a teenager. One morning I was riding Black Beauty pretty fast, and we came over a hill where Black Beauty fell on a rock. I was knocked unconscious. I woke up with Black Beauty licking my face.

Don Nobles, Pinetops, Edgecombe-Martin County EMC

"Cuzins"

Back in the 1960s during the summer you could play all day and into the night. We had "cuzins" who stayed across the highway, down a long dirt road through the woods to their house. We would go from our house, past the old well, past the cornfield to the highway to meet them. Sometimes they would eat supper at our house, and sometimes we would eat at theirs. When it was time for them to go home, we would walk with them to the highway. Momma used to sit in the rocking chair on the porch and listen and wait. Sometimes we would stand around and play at the highway for a while. Then they would walk down the dirt road to their house, and we would walk back to ours. There were no street lights or flashlights, just the stars and the moon lighting our way.

We loved our "cuzins," and we stay in touch even today. I thank God for watching over us as we walked up and down those dirt roads, through the woods, past the old well and the cornfield back home in the dark to Momma rocking in the chair on the porch listening and waiting.

These are a few of the "cuzins." In all there were around 11 of us. This was at Belford Church Homecoming, first Sunday in August 1964.

Debby Capel, Candor, Pee Dee EMC

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1. Approximately 200 words.
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7. **Online:** carolinacountry.com/contact **E-mail** ("Memories" in subject line.): iremember@carolinacountry.com **Or by U.S. mail:** I Remember, Carolina Country, 3400 Sumner Blvd., Raleigh, NC 27616

My firstborn, James Thomas.

The Mommy Lesson

We fell in love with North Carolina when my husband was stationed at Fort Bragg. In May 1971, I was a first-time mom. We were invited to a wedding in South Carolina where Len would be part of the arch of sabers, under which the newlyweds would pass as they left the church. I attended with my 3-week-old son, James Thomas.

During the ceremony I decided to check the baby's diaper to see if it was wet by inserting my finger into the back of the diaper. Well, not only was he wet, he was "muddy," as we say in the South. I pulled out a messy finger. When the absurdity of the situation got the best of me, I started laughing so hard that I had the whole pew shaking.

I do not remember the name of the couple whose wedding I disrupted, but I will never forget the Mommy Lesson I learned that day. Two additional children and five darling grandchildren later, I have never repeated this "newbie" mistake.

Kay Sokoloff, Ocean Isle Beach, Brunswick EMC

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32	11.55	11.11	13.69	12.38	20.91	18.73
33	11.64	11.11	13.91	12.60	21.35	19.16
34	11.64	11.11	14.13	12.82	21.35	19.60
35	11.73	11.20	14.57	13.04	21.79	20.04
36	12.08	11.46	15.01	13.48	23.10	20.91
37	12.43	11.81	15.66	14.13	24.41	22.23
38	12.86	12.25	16.32	14.79	26.16	23.54
39	13.39	12.69	17.19	15.44	27.91	24.85
40	13.91	13.21	18.07	16.32	30.10	26.60
41	14.61	13.65	19.38	17.41	32.29	27.91
42	15.40	14.18	20.91	18.51	34.48	29.66
43	16.36	14.70	22.88	19.82	37.10	31.85
44	17.41	15.40	24.85	21.35	40.16	34.04
45	18.55	16.10	27.04	22.88	43.23	36.23
46	18.90	16.63	28.79	24.19	47.16	38.85
47	19.25	17.15	30.76	25.73	51.98	41.48
48	19.69	17.85	33.38	27.69	57.66	45.41
49	20.21	18.55	36.01	29.66	63.79	48.91
50	20.74	19.34	38.85	31.85	70.35	53.29
51	22.05	20.39	42.57	33.82	76.48	57.23
52	23.63	21.61	46.73	36.23	83.48	62.04
53	25.46	23.01	51.76	38.85	92.23	67.73
54	27.48	24.59	57.23	41.91	101.41	73.85
55	29.66	26.34	63.35	45.19	111.48	80.85
56	32.29	27.74	69.48	48.91	118.91	86.10
57	35.35	29.23	76.48	53.07	127.23	92.23
58	39.03	31.15	85.23	58.10	137.73	99.23
59	42.96	33.16	94.19	63.35	148.66	107.10
60	47.34	35.44	104.48	69.48	160.91	115.85
61	50.93	37.98	113.88	75.82	177.10	125.91
62	54.95	40.78	124.60	83.26	195.04	137.29
63	59.94	44.36	137.73	92.23	217.35	151.29
64	65.19	48.04	151.51	101.63	240.98	166.16
65	71.14	52.24	167.04	112.35	267.66	182.79
66	81.11	59.06	182.13	126.79	305.73	216.04
67	92.49	66.85	199.19	142.98	348.60	253.23
68	106.49	76.48	220.19	163.10	401.54	299.60
69	121.19	86.54	242.29	184.10	457.10	348.16

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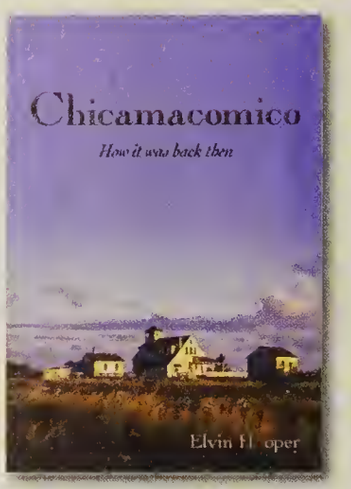

Chicamacomico

This new book transports us back to an earlier time on the Outer Banks, when folks on these isolated islands lived without conveniences we take for granted today. Residents relied on sailing ships to bring supplies and deliver mail, and families often kept a horse and cart for long-distance transportation. Travel within the village was usually on foot. Life-saving teams trained constantly, ready to rescue passengers and crew from frequent shipwrecks off the coast. In a place dominated by sometimes sublime, sometimes fierce weather, island culture was defined by simplicity, determination, courage and self-sufficiency. Author Elvin Hooper's roots run deep on the Outer Banks. He is a lifelong resident of Hatteras Island and a member of Cape Hatteras Electric Cooperative. "Chicamacomico: How it was back then" is published by Chapel Hill Press. Softcover, 370 pages, $15.95.

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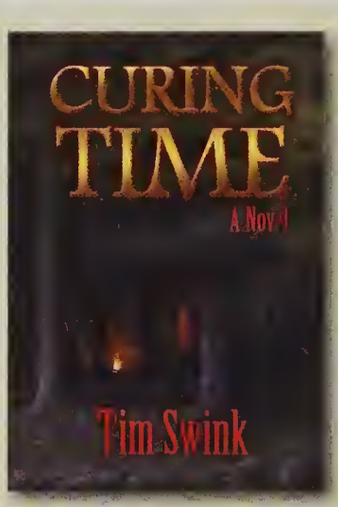

Curing Time

Typically this is a tobacco's season of harvest, a time of transformation, when the leaf is made golden by subjection to fire and heat. In his novel "Curing Time," tobacco farmer Hume Rankin endures his own curing time in the summer of 1959. When the rains won't come and the crops wilt in the field, he solicits the magic of an old, blind black woman. She warns of the dangers of calling on the middle world and tells him once those spirits are unleashed, it is they who decide how the spell unfolds. Hume dismisses her warning, to his peril. When his lifelong nemesis, Worth Baker, is found dead, all eyes are on Hume. He faces the all-too real possibility of losing his land, his family and even his life. Sitting in a jail cell, uncertain of his own innocence, he finds himself lost and haunted by the possibility that he may have played a part in his own demise. Author Tim Swink, the grandson of a North Carolina tobacco farmer, has written for several publications, including USA Today. He lives in Greensboro. Softcover, 212 pages, $13.95.

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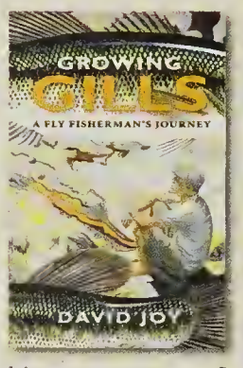
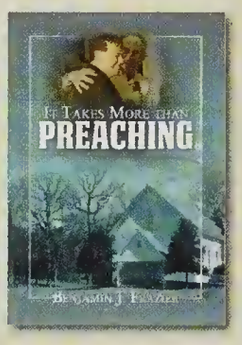


Growing Gills

Some fishermen fish for sport, while others cast lines into the mirror of their lives and hope that with reflection comes insight. Author David Joy's book is not only about fishing but his own venture to find understanding. Topics range from environmentalism to family, from Rousseau's "noble savage" to the ones that got away and from places that remain wild to the worn cork of rods, to the art of fly tying. Joy's memories include youthful experiences in the Piedmont and his pursuit of native brook trout in the Appalachian Mountains. Ultimately, by poetically revealing the reasons for his obsession, Joy understands the man he has become: truly, a fish out of water. "Growing Gills: A Fly Fisherman's Journey" is published by Bright Mountain Books in Fairview. Softcover, 208 pages, $16.

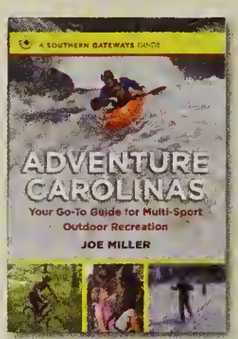
(800) 437-3959
brightmountainbooks.com



It Takes More Than Preaching

In this novel, Jon McKissock and his family arrive in the rural neighborhood of Five Forks in central North Carolina. After graduating from Duke Divinity School in 1956 and serving his first church, he is eager to begin his second appointment as a Methodist minister. His goal is to apply his own brand of religion there. Jodie is his loyal wife, and together they struggle to raise their sons as he juggles the demands of a heavy schedule of ministry with his passion for truth. Pastor McKissock deals with issues such as rape, incest, teenage sex, child abuse, racism and threats to his own family, and balances the delicate mix of spiritual leader and servant to his fellow man in a powerful way. The author, Benjamin Frazier, has written several books, lives in Asheboro and is a Randolph EMC member. E-book designed by Village Printing in Asheboro. Available on Kindle, 236 pages, $3.99.

amazon.com



Adventure Carolinas

Have you ever wanted to take up a new outdoor sport but thought, "Not me" or "Where do I begin?" In this unique take-it-with-you guide, longtime outdoors and fitness writer Joe Miller introduces you to 16 adventure sports in the Carolinas, from water to land and through all four seasons. The book showcases opportunities that range from beginner level to peak experience. For each experience, Miller includes location, how to start, associated costs, organizations that can help you begin, physical and mental demands of each activity, and whether the activities are seasonal or competitive. Activities include mountain biking, flat-water and whitewater paddling, scuba diving, climbing, backcountry exploration, skiing, snowboarding and tubing, kiteboarding, hang gliding, and ziplining. Miller lives in Cary. Softcover, 176 pages, $20; e-book is $19.99.

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uncpress.unc.edu

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By Jim Dulley

Geothermal heat pumps

They provide heating *and* cooling advantages

In addition to extremely efficient and comfortable heating, a geothermal heat pump also is the most efficient central air-conditioning system available.

And during summer, when in the cooling mode, it provides free water heating for additional savings.

Even though the overall geothermal heat pump installed cost is higher than other heat pump systems because of the ground loop, it will pay back its higher cost in savings. Also, if one is installed by 2016, there is a 30 percent federal tax credit on the total cost.

I recently installed a variable-speed WaterFurnace 7-Series geothermal heat pump in my own home.

The difference between a standard and a geothermal heat pump is the geothermal unit uses liquid-filled (water/antifreeze mix) piping in the ground instead of the outdoor condenser unit. Since the ground stays at a fairly constant temperature, it is extremely efficient year-round. Most people install deep vertical loops, but I have a large backyard, so I installed a five-foot-deep horizontal loop.

The big advantage during winter is the heating output of a geothermal system does not drop as it gets colder outdoors. So, the expensive backup electric resistance heating seldom comes on with a geothermal heat pump.

I chose this WaterFurnace model because, with its variable-speed compressor, it has the highest heating and cooling efficiencies. The heating COP (coefficient of performance) is 5.3. Using the free heat from underground, it produces more than $5 worth of heat for each $1 on my electric bill.

When cooling during the summer, the EER (energy efficiency ratio) is as high as 41. This is more than twice as efficient as the best new standard heat pumps and central air conditioners. And instead of the heat from the house being exhausted outdoors and wasted, it goes into the water heater for free heat.

For extra savings, I also installed an optional hot water assist unit. During winter, excess heat being produced by the geothermal heat pump goes into the standard electric water heater. This heats the water using just one-fifth as much electricity as the water heater elements.

The variable-speed compressor in my 7-Series model is connected to its matching thermostat to fine-tune its heating and cooling output to the instant needs of my house. This maintains even room temperatures and lower noise levels.

By constantly varying the output, it runs in more efficient, slower, quieter and longer cycles. This is coupled with a variable-speed blower that matches the air flow from the registers to the compressor output. It results in excellent comfort.

Typical installation of a variable-speed geothermal heat pump in a utility room or basement.

Another big advantage of the variable-speed compressor is humidity control during summer. Set the desired humidity on the thermostat. When it is humid, but not very hot outdoors, the blower slows down and the compressor runs fast to provide more dehumidification with less cooling. This type of compressor also provides a 120-percent instant supercool mode.

The next step down in comfort and efficiency is a model with a two-stage compressor. Most of the time, it runs at the lower-output speed. When it cannot heat or cool your house to the thermostat setting, it automatically switches to the higher speed for more output. Its EER is as high as 30.

The simplest design is a single-stage compressor, which either is on or off. This still provides much better comfort and savings over a standard heat pump.

A long horizontal ground loop is placed in a five-foot-deep trench to extract heat from the ground. This is an alternative ground loop installation method to a deep vertical installation. A certified loop installation contractor can advise you.

Jim Dulley is an engineer and a columnist for the National Rural Electric Cooperative Association. Send inquiries to James Dulley, Carolina Country, 6906 Royalgreen Dr., Cincinnati, Ohio, 45244, or visit dulley.com.

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Greensboro, High Point, and Winston-Salem are known as North Carolina's Piedmont Triad. We have given each of the 10 different letters in PIEDMONT TRIAD a different value from 0 through 9. Given the total value of the letters in the 10 words below, can you find the value of each letter?

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MEANT(30)	TRIED(15)	DEMEAN(30)	TRADE(17)	PART(16)

Send submissions by e-mail to joyner@carolinacountry.com ("Puzzle" as the subject) or by mail: Puzzle, Carolina Country, P.O. Box 27306, Raleigh, NC 27611.

Create an Equation

4 5 6 7

Using these four digits only, can you create an equation on the blanks below?

___ × ___ = _____

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Researchers at the University of Missouri have found that certain plants respond to the sound of caterpillars eating leaves by emitting caterpillar-repelling chemicals!

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Carolina. It later became the state of Tennessee.

Use the capital letters in the code key below to fill in the blanks above.

A F I K L N R means
s o l v e i t

Oh, Kay!

Jewely Store Sign

For answers, please see page 41

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September Events

On its 30th anniversary, the North Carolina Turkey Festival is expected to be bigger and livelier than ever. Events take place all week Sept. 13-20 in Raeford, Hoke County, and include an art contest, music, tennis, 5K run, soccer, flag football, card tournament, dog show, car show, cooking contests and a parade. The big day is Saturday, Sept. 20. (910) 904-2424 or ncturkeyfestival.org

Mountains (west of I-77)

Burlingame Drive For History
Golf tournament
Sept. 5, Sapphire
(828) 884-2347
transylvaniaheritage.org

Art In The Park
Sept. 6, Blowing Rock
(828) 295-7851
blowingrock.com

Sculpture Celebration
Sept. 6, Lenoir
(828) 754-2486
caldwellarts.com

Railroad Heritage Weekend
Sept. 6–7, Blowing Rock
((919) 277-1176
tweetsie.com

Table Rock Writers Workshop
Sept. 8–12, Little Switzerland
(919) 454-7429
tablerockwriters.com

Foto Fest
Sept. 11–14, Montreat
(336) 870-4283
wncfotofest.com

Literary Festival
Sept. 16–20, West Jefferson
(336) 846-2787
onthesamepagefestival.org

Quilt Fair
Sept. 19–20, West Jefferson
(336) 385-6348
ashequilters.com

Oh What a Night
Musical tribute to Frankie Vali & the Four Seasons
Sept. 25, Morganton
(800) 939-7469
commaonline.org

18th Century Fair
At Davidson's Fort
Sept. 27–28, Old Fort
(828) 290-6044
davidsonsfort.com

ONGOING

Ironwood Estate Orchids Open House
Sept. 12–21, Hickory
(828) 294-3950
ironwoodorchids.com

Art Walk
First Friday through Nov., Murphy
(828) 644-0043
valleyriverarts.com

Thunder Road Cruise In
First Sunday through Oct., Mount Airy
(336) 401-3900

Street Dance
Monday nights, Hendersonville
(828) 693-9708
historichendersonville.org

Carson House Guided Tours
Wednesday–Saturdays
Marion
(828) 724-4948
historiccarsonhouse.com

Bluegrass Music Jam
Thursdays, Marion
(828) 652-2215

Cruise In
Second Sat. through Sept., Dobson
(336) 648-2309

Art In Healing Gallery
Exhibits at hospital, Lenoir
(828) 754-2486
caldwellarts.com

Hickory Ridge Living History Museum
Through Oct. 11, Boone
(828) 264-2120
hickoryridgemuseum.com

Fine Art & Heritage Craft Workshops
Through Oct. 31, West Jefferson
(336) 846-3827
florenceartschool.org

Friday Night Jam Session
Meal, music and fellowship
Fridays through Nov. 21, Lake Toxaway
(828) 966-4060
toxawaycc.com

Celebration Quilt Show
Sept. 10–Nov. 10, Maggie Valley
(828) 926-3169

Ghost Train Halloween Festival
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Piedmont (between I-77 & I-95)

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For Dec.: Oct. 25

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fayettevillesymphony.org

Greek Festival
Sept. 5–7, Fayetteville
(910) 484-2010
stsch.nc.goarch.org

Musical Revival & Arts Festival
Sept. 5–6, Cherryville
(704) 447-5090

Cumberland County Fair
Sept. 5–14, Fayetteville
(910) 438-4100
cumberlandcountyfair.org

Festival Of Yesteryear
Sept. 6, Fayetteville
(910) 486-1330
museumofthecapefear.ncdcr.gov

Pancreatic Cancer PurpleStride 5K
Sept. 6, Charlotte
(704) 254-7818
purplestride.org/charlotte

Backcountry Days
Sept. 6, Charlotte
(704) 968-5343
charlottemuseum.org

Weekend Tour Of Artists
Sept. 6–7, Wake Forest
(919) 562-1688
wakeforestguild.com

Long-Term Care Trade Show
Exhibitors, motivational speakers
September 8–10, Concord
919-787-3560
ncaltcf.com

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Preschool pop entertainment
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Threefifty Duo
Guitarists
Sept. 12, Pembroke
(910) 521-6361
uncp.edu/gpac

Golf Tournament Benefit
Sept. 12, Pittsboro
(910) 818-9493
med.unc.edu

Greek Festival
Sept. 12–14, Raleigh
(919) 781-4548
greekfestivalraleigh.com

Morven 1st Intertribal Powwow
Sept. 12–14, Morven
(336) 618-0561
nearriverdwellers.com

Fall Harvest
Sept. 13, Wagram
(910) 369-0411
cypressbendvineyards.com

NC Hot Sauce Contest
Sept. 13, Oxford
(919) 691-3590
nchotsaucecontest.com

Street Festival
Sept. 13, Denton
(336) 859-4231
townofdenton.com

CBC Bluegrass Festival
Sept. 13, Mocksville
(336) 667-6685
cbcbluegrass.com

Living History Saturday
Sept. 13, Charlotte
(704) 568-1774
charlottemuseum.org

Tar River Festival
Sept. 13, Louisburg
(919) 496-3056
franklinchamber.org

Antique Gun & Military Antiques Show
Sept. 13–14, Raleigh
(704) 282-1339
thecarolinatrader.com

30th Annual Turkey Festival
Sept. 13–20, Raeford
(910) 904-2424
ncturkeyfestival.org

With Justice For All
Lecture by Morris Dees
Sept. 16, Pinehurst
(910) 692-6185
sandhills.edu

Tavern Party In The Gardens
Sept. 18, Raleigh
(919) 833-3431
joellane.org

An Evening With Molly Ringwald
Sept. 19, Smithfield
(919) 209-2099
johnsoncc.edu

Stallings Fest
Carnival theme
Sept. 20, Stallings
(704) 821-8557 (ext. 227)
stallingsnc.org

Music Festival
Sept. 20, Creedmoor
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cityofcreedmoor.org

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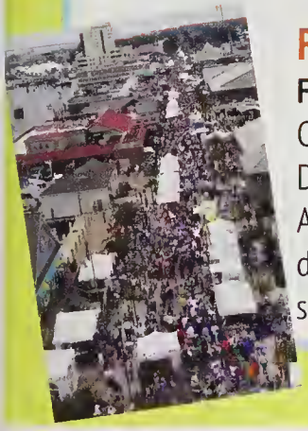

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The Catawba Valley Musical Revival & Art Festival (previously known as the Coot Williams Road Bluegrass Festival) runs Friday through Saturday, Sept. 5–6, in Cherryville. The family-friendly festival now includes an Art Village featuring the pottery, sculptures, paintings, jewelry and quilts of local and regional artists. Music goes all day with the main stage act starting at 2 p.m. (704) 447-5090 or catawbavalleymusicrevival.com

Sweet Potato Festival
Sept. 20, Rockford
(336) 374-5317

War Of 1812 & Great Pirate Invasion
Sept. 20, Waxhaw
(704) 843-1832
museumofthewaxhaws.com

Stallings Park
Performers, craft artists & local businesses
Sept. 20, Stallings
(704) 821-8557

Beach Music Festival
Sept. 20, Warrenton
(252) 257-3645

Agriculture Heritage Day
Sept. 20, Oakboro
(704) 485-3351
oakboro.com

Bright Leaf Hoedown
Sept. 20, Yanceyville
(336) 694-6106
caswellchamber.com

Fall Festival
Sept. 20, Lillington
(910) 893-3751
lillingtonchamber.org

Broadway Rox
Sept. 20, Pembroke
(910) 521-6361
uncp.edu/gpac

Fall Festival
Sept. 25, Monroe
(704) 283-3740
union4hfoundation.com

4th Friday
Sept. 26, Fayetteville
(910) 323-1776
theartscouncil.com

International Folk Festival
Sept. 26–28, Fayetteville
(910) 323-1776
theartscouncil.com

World Hunger Day Yard Sale
Sept. 27, Huntersville
(704) 875-6581
fbc-h.org

Founders Day
Sept. 27, Gold Hill
(704) 267-9439
historicgoldhill.com

Bahama Day Festival
Sept. 27, Bahama
(919) 477-4990
bahama-ruritan.com

Pumpkin Festival
Sept. 27–28, Bear Creek
(919) 837-5363
southchathamruritan.com

ONGOING

Maness Pottery & Music Barn
Dinner, music, fellowship
Tuesday nights, Midway
(910) 948-4897
liveatclydes.com

Durham Civil War Roundtable
Third Thursdays, Durham
(919) 643-0466

Art After Hours
Second Fridays, Wake Forest
(919) 570-0765
sunflowerstudiowf.com

Betty Lynn (Thelma Lou)
Appearance at Andy Griffith Museum
Third Fridays, Mount Airy
(336) 786-7998
visitmayberry.com

Street Video Installation
Artist documents one week in NYC
Through Sept. 7, Raleigh
(919) 664-6795
ncartmuseum.org

Kindred
Through Sept. 21, Hillsborough
(919) 732-5001
hillsboroughgallery.com

Zim Sculpt
Shona sculpture collection
Through Sept. 28, Belmont
(704) 825-4490
dsbg.org

Thunder Road Cruise-In
First Sundays through Oct. 25, Mount Airy
(336) 401-3900

Bluegrass Pickin' Shed
Thursday nights through Nov. 15, Laurel Hill
(910) 462-3636

Beach & Jazzy Fridays
Cypress Bend Vineyards
Through Dec. 26, Wagram
(910) 369-0411
cypressbendvineyards.com

Music Barn
Saturday evenings,
Through Dec. 31, Mt. Gilead
(910) 220-6426
mgmusicbarn.com

Stagville: Black & White Photo Exhibit
Through Jan. 2015, Raleigh
(919) 807-7900
ncmuseumofhistory.org

Lafayette Exhibit
Through Jan 3, Fayetteville
(910) 433-1457
fcpr.us/transportation_museum.aspx

Coast (east of I-95)

Nature Trek
Sept. 2, Swansboro
(910) 326-2600
swansboro.recdesk.com

Collard Festival
Sept. 4–7, Ayden
(252) 746-7080
aydencollardfestival.com

Kids Night In, Parents Night Out
Sept. 5, Swansboro
(910) 326-2600
swansboro.recdesk.com

The Holiday Band
Sept. 5, Ocean Isle
(252) 923-3971

Bluegrass Music Jam
Sept. 6, Goldsboro
(919) 344-8567
travishammofficial.webs.com

Big Toy Day
Sept. 6, Oak Island
(910) 253-3144
southport-oakisland-kiwanis.org

Yard Sale & BBQ Sandwich Fund Raiser
Sept. 13, Mill Creek
(252) 247-4777

Classic Car Show
Sept. 13, Scotland Neck
(252) 826-3152
townofscotlandneck.com

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Thank A Farmer Weekend
Sept. 13-14, Clinton
(910) 564-6709
hubbscornmaze.com

Fraud Prevention Seminar
Sept. 15, Swansboro
(910) 326-2600
swansboro.recdesk.com

Agricultural Fair
Sept. 16-21, Greenville
(252) 758-6916
pitt.fair.org

Grains Of Time
A capella music from NC State
Sept. 19, Rocky Mount
(252) 985-5197
dunncenter.com

Todd Hoke Concert
Sept. 19, New Bern
(252) 646-4657
downeastfolkarts.org

Secret Garden Tour
Sept. 19–20, Wilmington
(910) 762-0492
hslcf.org

Heritage Days
Sept. 19–20, Newport
(252) 777-1085
ncsaa.weebly.com

Dance By Faculty, Students
Sept. 19–21, Greenville
(252) 328-6829
ecu.edu

Calabash Oktoberfest
Sept. 20, Calabash
(910) 616-6113
calabashoktoberfest.multimediamoments.com

Antique Day
Vintage cars and tractors, food demos
Sept. 20, Beaulaville
(910) 298-3804

Todd Hoke Concert
Sept. 20, Beaufort
(252) 646-4657
downeastfolkarts.org

Harvest Festival
Sept. 20, Bethel
(252) 531-7027
hometownbethel.com

Dublin Peanut Festival
Food, entertainment, parade
Sept. 20, Dublin
(910) 876-4884
dublinpeanutfestival.com

Rice Festival
Sept. 20–21, Wilmington
(910) 795-0292
ncricefestival.com

Hometown Heroes
Saluting those who help
Sept. 20–21, Clinton
(910) 564-6709
hubbscornmaze.com

Council On Aging
Information about services, programs
Sept. 23, Greenville
(252) 752-1717

Membership Meeting & Volunteer Picnic
Future volunteers welcome
Sept. 23, Beaufort
(252) 728-5225
beauforthistoricsite.org

Composting
Gardening series
Sept. 25, Swansboro
(910) 326-2600
swansboro.recdesk.com

Quilter's Guild
Sept. 26–27, Washington
(252) 946-1927

Alzheimer's Walk & Education Fair
Sept. 27, Washington
(252) 927-4754
alznc.org

Intercultural Festival
Performances, storytelling
Sept. 27, Bolivia
(910) 842-6266
bcifestival.org

Arts Celebration
Sept. 27–28, Clinton
(910) 564-6709
hubbscornmaze.com

ONGOING

Art Walk
First Friday, Elizabeth City
(252) 335-5330
http://ecncart.com

Art Walk
First Friday monthly, Greenville
(252) 561-8400
www.uptowngreenville.com

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Second Saturdays through October
Murfreesboro
(252) 398-5922

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(252) 728-7550
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The State Fair Dorton Arena Line-up

The North Carolina State Fair (Oct. 16-26 in Raleigh) has arranged for a variety of acts at Dorton Arena this year. All shows will begin at 7:30 p.m., and doors will open at 6:30 p.m. Tickets are available online: ncstatefair.org.

Thursday, Oct 16: Vanilla Ice in a "Throwback Thursday" show with the rapper and reality TV show personality, $5.

Friday, Oct 17: Tamela Mann, gospel artist, $10.

Saturday, Oct 18: Clay Walker, country music artists, $12.

Sunday, Oct 19: Parmalee, North Carolina band, $10.

Monday, Oct 20: Love and Theft, country music duo, $10

Tuesday, Oct 21: James Gregory, stand-up comedy, $5

Wednesday, Oct 22: Brandy Clark, country singer-songwriter, $5.

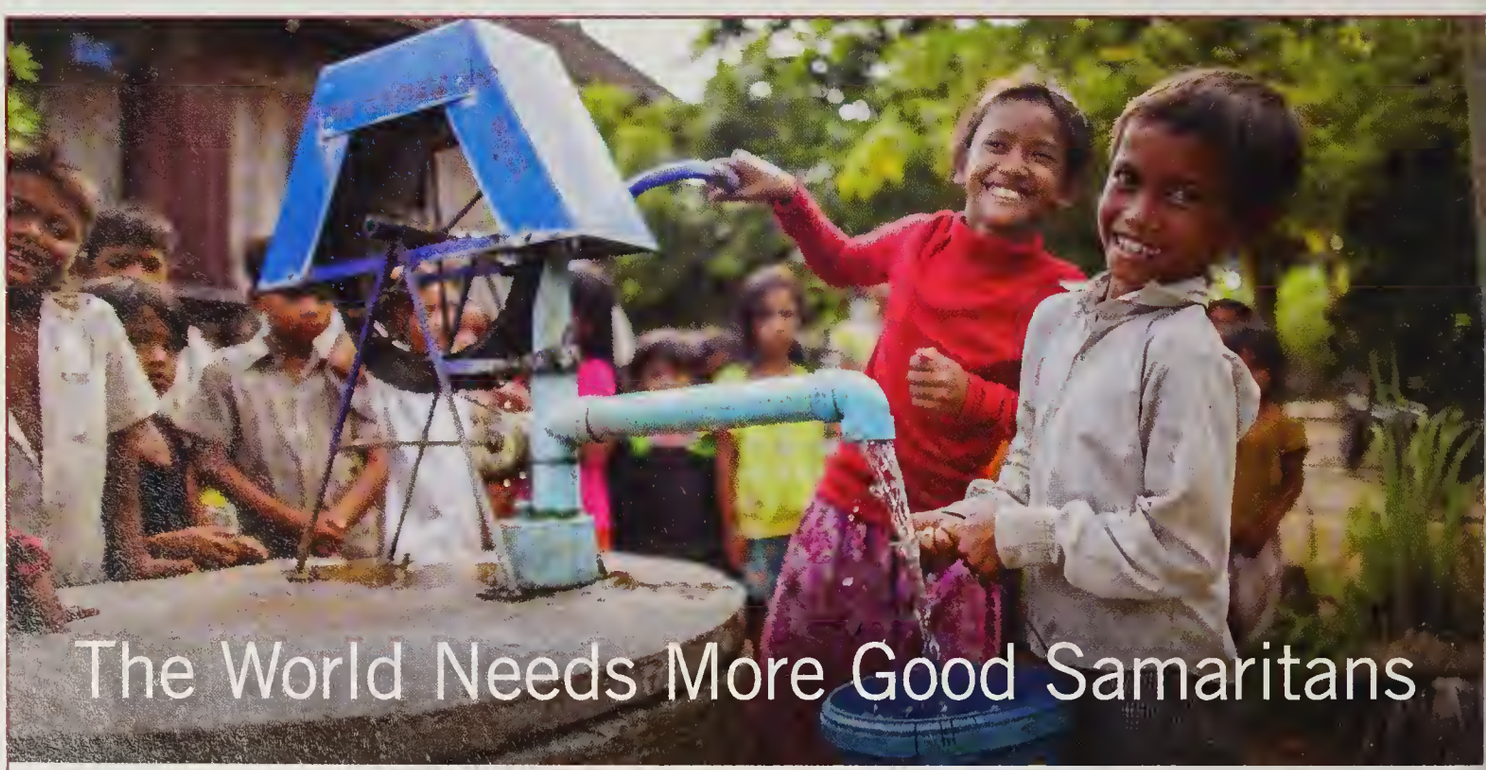
Thursday, Oct 23: China Anne McClain and guests, singer-dancer, $10.

Friday, Oct 24: Newsboys, Christian pop-rock bad, $10.

Saturday, Oct 25: Trace Adkins, country music super star, $17.

Sunday, Oct 26: Joan Jett and the Blackhearts, hard rock, $15.

American actress and singer Tamela Mann brings her energetic and passionate brand of gospel music to Dorton Arena Oct. 17 at the North Carolina State Fair.



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CAROLINA COUNTRY adventures

Get fired up at Granville County festivals

Looking for a little spice to your life? Look no further than the **8th Annual Hot Sauce Contest** in historic **Oxford**, where you can sample concoctions ranging from flavorfully mild to tongue-searing madness.

This increasingly popular festival, held the second Saturday in September, has swelled to a major downtown event that attracted more than 12,000 visitors in 2013.

This year, it promises again to draw fun-loving folks who relish the chance to taste and purchase a variety of hot sauces, as well as barbecue sauces, rubs, wines, brews and specialty foods. More than 70 vendors take part, with all products made in North Carolina.

Eats as feats

Attendees get a big kick out of watching the brave souls in the pepper contest. The contestants must eat all (except the caps) of a large cayenne pepper, red fresno pepper, jalepeno pepper, serrano chile and, finally, an orange habenero (one of the hottest peppers in the world). And if there's still two or more standing, they must down *more* habeneros (and keep 'em down) until there's one clear champ.

Regarding the barbecue sauce contests, any North Carolinian worth his or her salt knows that the mere mention of barbecue can invoke fire-and-brimstone debate. The organizers are no fools and include prizes for mustard-style, vinegar-based and tomato-based sauces.

Other attractions

Talented artist Dan Nelson will illustrate the festival live on canvas, and there are kids activities, free horse and carriage rides, a car show, plant sale and live music by two bands, Streamline and Big Love. **The festival is Saturday, Sept. 13. from 11 a.m. to 4 p.m.** (919-691-3590 or nchotsaucecontest.com)

If you can't make it, you can still buy N.C. hot sauces, beers and wines year-round at Stovall's Gifts. Another Oxford shopping destination, Remember When Antiques & Collectibles, sells garden and home décor as well as North Carolina sauces, ciders, salsas, honey and jams.

Touted Oxford eateries include Sunrise Biscuits, Milano's (Italian and Greek), Harvest Restaurant (locally sourced fare) and the recently opened Main St Oasis.

The well-designed Granville History Museum's exhibits include a display on busting up moonshine stills and an illuminating video. Steps away, Harris Exhibit Hall presents rotating and traveling exhibits and a nice gift shop (919-693-9706 or granvillemuseumnc.org).

There's also George C. Shaw Museum, which features this influential African-American educator (919-690-8055 or shawmuseum.com), and the Sallie Mae Ligon Museum, which details the history of North Carolina's oldest operating residential home for children (919-603-3906 or mhc-oxford.org).

—Karen Olson House

Also happening in September

The annual Creedmoor Music Festival is set for 8:30- a.m. to 4 p.m., Saturday, Sept. 20. It showcases local and regional bands, and offers children's activities, crafts and fair-type treats. Last year, it drew roughly 10,000 people. (919-528-3332 or www.cityofcreedmoor.org)

Fun stops in **Creedmoor** include El Corral (great service) and Raleigh Cake Pops (who can resist cake on a stick?). Cedar Creek Gallery is off the beaten path, but don't let that stop you. This exceptional gallery on pleasing grounds sells work by more than 200 craftspeople, including on-site potters and glass blowers.

Butner's offerings include unique military and institutional history. Check out BBQ Barn and mark your 2015 calendar for Butner's entertaining **Chicken Pickin** (crafts, food, vintage car show, music and more) traditionally held each June (919-575-3032 or butnernc.org).

Cedar Creek Gallery in Creedmoor

Granville County
(919) 693-6126
visitgranvillenc.com

By Hannah McKenzie

Feeling muggy indoors: Part II

Q: My house occasionally feels uncomfortably humid. Would a stand-alone dehumidifier be a good way to fix this problem?

A: When your house feels muggy, as mentioned in last month's article, it is best to start by finding and controlling the sources. It can be as simple as using an exhaust fan when you shower or as cumbersome as sealing ductwork.

Most homes have at least one unofficial dehumidifier—the air conditioner. Inside the air conditioner, air is cooled to dew point—around 55 degrees—so most of the water vapor in the air is removed by changing from vapor to liquid. (This is the same process that leaves dew on the ground in the morning.) Once the air is chilled and releases water vapor, the cooled air is then blown into the rooms of your house while the liquid is drained outside.

Typically, homes are the least humid when the air conditioner runs for long stretches of time—like during a 90-degree day—because all of the inside air is repeatedly pulled through the system and dehumidified.

On the flipside, if it is 90 degrees outside and the air conditioner runs for short bits of time hitting the desired temperature in a jiffy, the HVAC unit is oversized and will not dehumidify the house adequately. That may be why you are sweaty even when the thermostat is set to 76 degrees. It is common to find oversized air conditioning systems now that homes are insulated and air-sealed better than ever. Ideally, HVAC contractors will recommend a correctly sized HVAC system by doing an in-depth "load calculation" that uses information about your home, such as geographic location, foundation type, insulation levels, windows, house air tightness, and duct air tightness, just to name a few.

Regardless of your air conditioner's size, the spring, fall and cool summer nights in North Carolina are times when our homes feel muggy. Some folks love hearing the nighttime chirps of bugs and frogs through open windows. A ceiling fan and seersucker sheets may be enough for their comfort. If you are plagued by allergies or other health challenges, shutting the windows and improving your home's HVAC system may be your ticket to drier air.

Selecting a knowledgeable HVAC contractor is important. Get recommendations from friends and neighbors who have solved similar problems. Ask for at least 10 references and contact a handful of them to ensure that the company communicates well with their customers, is prompt, respects customer's homes, and truly improves comfort.

If you decide against expensive adjustments to your HVAC system, a stand-alone dehumidifier could be an adequate solution. Stick with an Energy Star-labeled product to ensure quality and energy efficiency. Be diligent about emptying the drain pan and consider the annual operating costs in addition to the unit cost.

A whole house dehumidifier unit attached to or separate from the HVAC duct system and properly calibrated is often a good option.

Your air conditioning system also performs as a dehumidifier.

There are four components an HVAC contractor should consider, adjust or install to decrease the humidity inside your home.

HVAC system: Consider the sizing, fan speed, age, cooling coils and performance.

Controls: Consider the temperature set points on the thermostat and whether a humidistat would be helpful.

Outside air: In airtight homes, outside air is pulled into the home by a fan to maintain good indoor air quality. However, good indoor air quality isn't maintained if this air isn't dehumidified first.

Dehumidifer: A whole house unit attached to or separate from the HVAC duct system and properly calibrated is often a good option. Aprilaire, Honeywell, Therma-Stor and Lennox are just a few manufacturer examples.

Hannah McKenzie is a residential building science consultant for Advanced Energy in Raleigh.

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Miscellaneous

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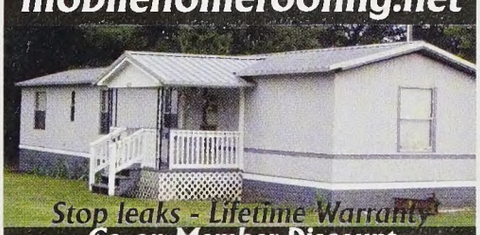

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Fiesta Beef Bowls

- 1½ pounds boneless beef top round steak
- 1 can (10 ounces) diced tomatoes and green chilies
- 1 medium onion, chopped
- 2 garlic cloves, minced
- 1 teaspoon dried oregano
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 2 cans (15 ounces each) pinto beans, rinsed and drained
- 3 cups hot cooked rice
- ½ cup shredded cheddar cheese
- 6 tablespoons sliced ripe olives
- 6 tablespoons thinly sliced green onions
- 6 tablespoons guacamole

Place round steak in a 3-quart slow cooker. In a small bowl, combine the tomatoes, onion, garlic and seasonings; pour over steak. Cover and cook on low for 8–9 hours or until meat is tender.

Remove meat from slow cooker. Add beans to tomato mixture. Cover and cook on high 30 minutes or until beans are heated through. When cool enough to handle, slice meat. In individual bowls, layer the rice, meat and bean mixture. Top with cheese, olives, onions and guacamole.

Yield: 6 servings

From Your Kitchen

Brookies

- 1 box brownie mix, plus the ingredients to mix per instructions on box
- 1 roll of refrigerated chocolate chip cookie dough

Make brownies according to instructions on box, but do not bake. Place cupcake liners in two muffin tins and fill each liner about half way with the brownie mixture. Slice cookie dough about ¼-inch thick. If using regular muffin tins, use half of the slice; for mini-muffin tins, use a quarter of a slice. Roll the piece of sliced cookie dough into a ball and place on top of each brownie muffin. Bake muffins in a 350-degree oven for 12–15 minutes, depending on oven and size of muffin tins you use. Do not over bake. They are done when a toothpick comes out clean.

This recipe comes from Lauren Massey of Clayton.

Send Us Your Recipes

Contributors whose recipes are published will receive $25. We retain reprint rights for all submissions. Recipes submitted are not necessarily entirely original. Include your name, address, phone number (for questions), and the name of your electric cooperative. Mail to: Carolina Country Kitchen, P.O. Box 27306, Raleigh, NC 27611 or E-mail to: Jenny.Lloyd@carolinacountry.com.

Warm Rocky Road Cake

- 1 package (regular size) German chocolate cake mix
- 1 package (3.9 ounces) instant chocolate pudding mix
- 1 cup (8 ounces) sour cream
- ⅓ cup butter, melted
- 3 eggs
- 1 teaspoon vanilla extract
- 3¼ cups 2% milk, divided
- 1 package (3.4 ounces) cook-and-serve chocolate pudding mix
- 1½ cups miniature marshmallows
- 1 cup (6 ounces) semisweet chocolate chips
- ½ cup chopped pecans, toasted
- Vanilla ice cream, optiona

In a large bowl, combine the first six ingredients; add 1¼ cups milk. Beat on low speed 30 seconds. Beat on medium 2 minutes. Transfer to a greased 4- or 5-quart slow cooker. Sprinkle cook-and-serve pudding mix over batter.

In a small saucepan, heat remaining milk, until bubbles form around sides of pan; gradually pour over the dry pudding mix.

Cook, covered, on high 3–4 hours or until a toothpick inserted in cake portion comes out with moist crumbs.

Turn off slow cooker. Sprinkle marshmallows, chocolate chips and pecans over cake; let stand, covered, 5 minutes or until marshmallows begin to melt. Serve warm. If desired, top with ice crean

Yield: 16 servings

Crunchy Broccoli Salad

- 8 cups fresh broccoli florets (about 1 pound)
- 1 bunch green onions, thinly sliced
- ½ cup dried cranberries
- 3 tablespoons canola oil
- 3 tablespoons seasoned rice vinegar
- 2 tablespoons sugar
- ¼ cup sunflower kernels
- 3 bacon strips, cooked and crumbled

In a large bowl, combine broccoli, green onions and cranberries. In a small bowl, whisk oil, vinegar and sugar until blended; drizzle over broccoli mixture and toss to coat. Refrigerate until serving. Sprinkle with sunflower kernels and bacon before serving.

Yield: 10 servings

Find more than 500 recipes at carolinacountry.com

Recipes here are by Taste of Home magazine,unless otherwise indicated. For a sample copy, send $2 to Taste of Home, Suite 4321, PO Box 990, Greendale WI 53129-0990. Visit the Web page at tasteofhome.com

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BET	Fox Sports 1	Lifetime Movie Network	Nick Jr.	Science	Univision E
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beIN SPORT	Destination America	Encore Classic	FX Movie Channel	Nat Geo WILD	The Movie Channel W
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